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## From Panama to Paris

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# From *Panama* to Paris —

*Ruth Jensen has found delicious*

*delicacies to tempt your appetite*

**C**OOKERY is an art international. Americans are proud of their national dishes and foods, but likewise are other nationalities. Strange is the American dish to the Chinese; strange to the Chinese is the European dish.

On a gustatory tour of foreign foods in their native habitats, Paris comes first, because France is noted the world over for its fine food, and gay Paree is the heart, or rather the stomach, of the country. It is here that world famous restaurants are located, some of them dating in origin to the French Revolution. Each cafe is renowned for a few unsurpassable dishes—many of

the recipes for these have come down from father to son in typical chef tradition.

The French chefs are famous for their sauces, pastries, meats and salads. They specialize in sour salads, which they claim go hand in glove with all meats. The most common ingredients used to make the savory and appetizing French sauces are the yolks of eggs (raw or cooked), salt, pepper, mustard, vinegar, lemon juice, tomatoes, bouillon, shallots, anchovies, onions, garlic, carrots, olive oil, orange rind, truffles, cream, mushrooms, pickles, wines, cayenne and numerous herbs.

Wandering through the country-side and stopping at a peasant home for dinner, the likely dish would be pot-au-feu or meat-vegetable soup, and a puffy omelet. The French omelet can be likened unto American fried eggs—because both are so typical of their country.

The famous Beef Eaters of the London Tower who were supposed to be able to eat six to seven pounds of beef at one sitting, are examples of how the main population feels about meat. Britains are heavy meat and potato eaters, beef and lamb sharing top honors; but their menus also contain long lists of fish dishes.

Periwinkles are a favorite; they look a little like small clams, and are a sort of shell fish. Curried prawns taste and appear like large shrimps. One of England's great specialties, found on nearly all menus, is white-bait. This is not a distinct species of fish, but rather consists of the fry of herrings, smelts, sprats, rand-eels and weevers. Another English dish is steak and kidney pie, which may be served piping hot or sliced and served as a cold cut.

On a German menu, Gonsweissauer appears, meaning cold goose in acidulate meat jelly. Here's another long lame, Gonselchertruffle wurst—why, it's a goose liver sausage with ground up truffles, and costs a dollar a pound. Made of bear meat in an age when bruins are scarce, Barenwurst is another German sausage. Blau gesotten, a German favorite, means tender, juicy, skinned eels curled on a platter.

The Orient might come next for more strange foods, but take a flying trip to Florence, Italy, since it is closer. Dining with the Prefect of Police, the table presents some strange sights. Vermicelli with anchovie paste, baked squash served with deep-fat fried squash blossoms, and black figs with thick cream and honey provide a unique repast for food connoisseurs.

A swing to the west to the semi-tropics of the Americas brings a veritable heaven of fruits. Havana offers fresh pineapple juice at every meal, and Jamaica gives bread-fruit which, when baked, tastes like potato.

The Panama Canal Zone offers to the visitor a wide variety that includes not only oranges, pineapples, grapefruit, lemons and limes, but the papaya, a fruit that looks like a melon and has orange meat, and the mangoe, that looks like a peach, has a heavy shiny skin outside and is mostly seed inside but has delicate taste.

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